

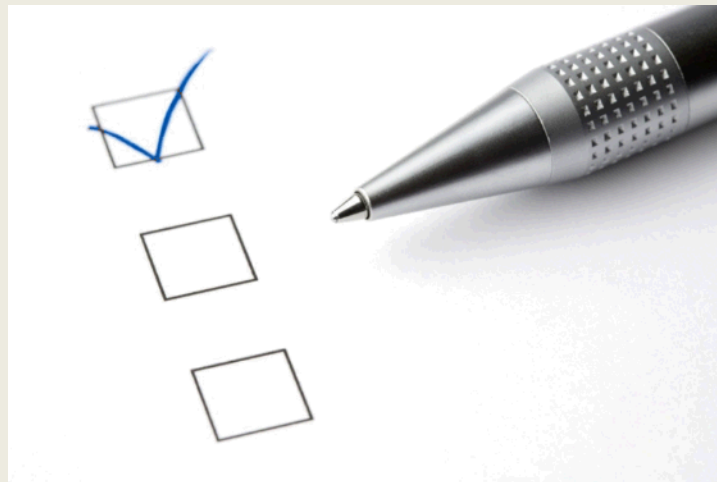


Losing weight and Keeping It Off

With Stephanie Grover

First things first:

1. Write your weight on your chart.
2. Draw a line from your 31st week's weight to the 36th.
3. Take out your F&F Log.
 - a) Were you all able to fill it most of the time?
 - b) If you doing something different, is it working?
 - c) Make a note about how you did this month.



Meet Stephanie – in 2002



Making the Commitment and Getting Started

And then – the Plateau

Fast Forward - 2011



What I've Learned

- Journaling
- Support
- Activity & Exercise
- Making Better Choices
- Don't Give Up!



Questions



This Month:

- 1.DO what you've decided that you will to meet your goals.
- 2.PRINT the food and fitness log as needed.
- 3.RECORD your food, fitness and weight in your log at least once per month.
- 4.BRING your binder and log to our next webinar.

GRADUATION meeting Wednesday, January 11, from 12-1pm.

Let us know if you have any questions!

Calvin and Hobbes

by WATSON

YAWN

